



Most Wanted Items

High Fiber, Low Sugar, Low Sodium



**Canned Tuna,
Salmon, or
Chicken**



Pasta and Rice
whole wheat



Canned Fruits
in light syrup or its
own juices



Hot and Cold Cereal
oatmeal, cheerios, corn-
flakes, raisin bran



Pasta Sauce



**Canned or Dry
Beans**



Peanut Butter



Canned Vegetables
low sodium, no salt added

Nearly 700,000 of our neighbors in the
Washington metro area are
at risk of hunger.

1 in 5 is a child.

Capitalareafoodbank.org



A member of **FEEDING AMERICA**

Together we can solve hunger